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AVAILABLE FROM	Pro-Ed, Inc., 8700 Shoal Creek Blvd., Austin, TX 78758-6897; Tel: 800-897-3202 (Toll Free) ($9).
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ABSTRACT

This student activity book includes worksheets that secondary students with and without disabilities can use to complete each activity in the "Steps to Self-Determination" curriculum. The program is meant to assist students in learning more about themselves and developing the skills they need to achieve their goals, getting support from family and friends, and learning from each experience to become more self-determined every day. The curriculum is designed to be delivered over the course of one 55-minute orientation session, one 6-hour workshop session, and 16 topical sessions of approximately 55 minutes each. Worksheets for the orientation session, workshop, and class sessions are provided. Topics of the sessions include: (1) identifying individual dreams; (2) determining what is important (3) creating options for long-term goals; (4) setting goals; (5) choosing short-term goals; (6) planning steps to reach short-term goals; (7) planning activities; (8) taking the first step; (9) creative barrier breaking; (10) group problem-solving; (11) a journey to self-determination; (12) assertive communication, part 1; (13) assertive communication, part 2; (14) steps in negotiation; (15) conflict resolution; and (16) future planning. Throughout the sessions, students are urged to anticipate the results of their planned actions and modify their plans to achieve the desired results. (CR)

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